

**Upcoming Events**

-Coffee Time – mornings on Sundays & Tuesdays and Thursday afternoons @ Tangent Cultural Centre

-Public skating - 5:30-7pm on Sundays @ MacLean Rec Centre (Spirit River Arena)

-Morning Coffee – 7-9:30am Weekdays @ Birch Hills Seniors Centre

-TOPS – 8:30-9:30am on Mondays @ Birch Hills Seniors Centre

-BINGO - 6pm on Mondays @ Rycroft Community Hall. Hosted by the Lions Club

-PALS Learn & Grow – 10am-12pm on Tuesdays (Jan. 16, 23, 30, Feb, 6, 13, 20) @ Woking School

-Fourth Creek Fitness – 9:30am & 11am on Mondays and Wednesdays, beginning Oct. 16 @ Fourth Creek Hall

-Peace Parent Link: Growing through Play! – 10-11:30am on Mondays @ Rycroft School

-Jr. Curling Club – 3:30pm on Mondays @ Spirit River Curling Rink

-TOPS – 9:30-10:30am on Tuesdays @ SR Happy Hour Club. Weigh-ins 8:30-9:20am.

-Spirit River Active Aging (50+) – 10-11am & 11am-12pm on Tuesdays & Thursdays @ Spirit of the Peace United Church

-Walk & Talk – 11am-2pm on Tuesdays, Thursdays @ Rycroft Community Hall

-Public skating - 3:30-5pm on Wednesdays, Thursdays and Fridays @ Rycroft Arena

-Drop-In Quilting – 10am on Wednesdays @ Birch Hills Seniors' Centre

-Drop-In Quilting – 10am-5pm on Wednesdays @ Rycroft Merry



# COMMUNITY



## STEAMbox project comes to the Central Peace

STEAMbox is a unique initiative that aims to increase awareness of the importance of the early years and guide caregivers of children 2-6 years of age to explore and experience their environments in a meaningful shared way.

The acronym STEAM represents areas of exploration that include Science, Technology, Engineering, Art, and Math. Central Peace Early Childhood Coalition (CPECC) is a local group whose focus is to promote the importance of early childhood development, and to enhance opportunities in our

CPECC partners with other groups throughout our community to enhance the lives of our children and activate their life-long potential through engaging, unique, and interesting educational opportunities that otherwise may not be available to them. We know that parents and caregivers want to give their children every possible best start, but sometimes time or finances or simply not knowing how, prevent parents and caregivers from achieving these goals. Through the STEAMbox Project, caregivers and children alike will learn, acquire skills, and enjoy a bonding experience with one another.

The STEAMbox Project is currently available to any child

two to six years, who resides in the Central Peace Region, at no charge. Parents receive the opportunity to sign up their child (ren) for the program by invitation on social media, through school newsletters, by promotion through other partners including newspaper, community clubs, and other groups who support CPECC initiatives. Children subscribing to this project then receive a notice from CPECC through the mail when a new project is available for pickup. The pickup points vary throughout the communities, and include preschools, playgroups, and municipal libraries. If you are interested in finding out more about STEAMbox, email [cpearlychildhood@gmail.com](mailto:cpearlychildhood@gmail.com) or call 780-500-7018 or Send a message to CPECC Facebook.

## Spirit River celebrates Winter Walk Day Feb. 7th

Grab your reflective gear and ice grippers and hike to downtown Spirit River on Feb. 7<sup>th</sup> 6:30 – 8:00 p.m. The Central Peace Health & Wellness Coalition (CPHAWC), together with Alberta Cancer Prevention Legacy Fund, the Community Foundation of Northwest Alberta, and the Town of Spirit River have teamed up to promote the benefits of winter walking at the 2<sup>nd</sup> Annual Glow Walk.

There are a number of games and activities planned, including street hockey, glow in the dark soccer and a glow walk. There will be prize draws, free hot chocolate and popcorn available. All are welcome, including pets on a leash.

The idea behind the event is to promote Winter Walk Day. Hosted by SHAPE Alberta, Winter Walk Day is celebrated across the province. Glow Walk was a creative idea

inspired by the coalition and is featured in the Winter 2018 issue of Apple magazine - Towns Promote Healthier Living.

For more information about this event, please email [cphawc1@outlook.com](mailto:cphawc1@outlook.com) or check out the Central Peace Health And Wellness (CPHAWC) Coalition Facebook page.

Also check out SHAPE Alberta's website for news, info and resources <https://shapeab.com>.

# GLOW WALK 2018

February 7th 6:30 - 8:00pm

*Downtown Spirit River*

*Hosted by Central Peace Health And Wellness Coalition*



**STREET HOCKEY**

**GLOW SOCCER**

**WINTER FUN**

**Bring your hockey stick**



**Alberta Cancer Prevention Legacy Fund**



**Events cont'd...**

- Court Whist Tournament – 1pm on Wednesdays @ SR Happy Hour Club
- Bingo – 7pm on Wednesdays @ Birch Hills Seniors Centre
- Drop-In Shuffleboard – 2pm on Fridays @ Rycroft Merry Pioneers Senior Centre
- Zumba Fitness - 7-8pm on Thursdays (Feb. 1, 8, 15, 22) @ Gordondale Hall
- Spirit River Paint Night: Wine Glasses - 6pm on Feb. 2 @ Blue Lagoon (SR Hotel)
- Family Fun Skate Night - 5-8pm on Feb. 3 @ Woking Outdoor Skating Rink
- Ladies Only Movie Night (18+)- 7pm on Feb. 3 @ Gordondale Hall
- Shrove Pancake Supper - 5-7pm on Feb. 6 @ Spirit of the Peace United Church
- Glow Walk – 6:30-8pm on Feb. 7 @ Downtown SR
- Community Kitchen - 9:30am on Feb. 15 @ Rycroft Community Hall
- Coffee House - 7pm on Feb. 16 @ Spirit of the Peace United Church
- Family Fun Day - 12pm on Feb. 18 @ Moonshine Lake
- Grace Gospel's Valentine's Banquet - 6:30pm on Feb. 10 @ Rycroft Community Hall
- Gordondale Paint Night - 7:30pm on Feb. 24 @ Gordondale Hall

## Becoming a Health Champion

Leah Yardley, BSc. Kin., CSEP-CEP  
University of Calgary, Be Fit For Life Centre

We know that there are many benefits to living an active life – from reduced risk of chronic diseases to simply feeling good day to day. But how do we make a difference in our families, schools, communities and workplaces?

The first step starts with YOU – live by example – choose a healthy, active lifestyle for others to see and to be inspired by. This is especially important in your family, you cannot expect your children to make healthy choices if you don't model this behaviour yourself. Your actions are important.... But so is your voice.

Becoming a health champion and advocate is a great way to change the environment and culture where you live,

## Staying warm through the winter

Everyone's heard that they should **dress in layers** in the winter in order to stay warm.

Your base layer — think long underwear and thick, wool socks — keeps you from losing heat through conduction. And wearing an external, wind and water-proof but breathable layer will protect you from heat loss from the wind (convection).

Shoveling and other winter sports are a great way to **stay active**. Activities like cross-country skiing and snowshoeing are excellent forms of exercise and can be done solo, in a group or with a pet. Moonshine Lake Provincial Park features over 17 km of groomed ski

Whether you are planning family time exploring the outdoors, initiating walking meetings at your workplace, volunteering for parent council at your child's school or ensuring that you or your parents have opportunities to be active as you or they age, your voice and your actions matter and can make a difference.

So speak up and pave the way for you, your family and friends, and future generations to reap the benefits of communities that support long term health and wellness. Visit: <http://arpaonline.ca/program/choosewell/> to learn about the Communities Choosewell program in Alberta. Click "Online Toolkit" for access to a variety

**Reminder**  
Check your smoke detector and replace the batteries if necessary.

GO PAPERLESS



Go **green** and receive the Community Connect sooner!  
Email [cphawc1@outlook.com](mailto:cphawc1@outlook.com) to receive this newsletter via email monthly.

### PEACE ADULT LEARNING SOCIETY

**Social Media 101, 201**  
101 \$25.00 Feb. 21, 7-8:30pm  
201 \$25.00 Feb. 28, 7-8:30pm

**Food Safety**  
\$120.00 Feb. 17, 9am-5pm

**Learn & Grow**  
Tired of being in the house all winter?  
Have little ones?

Rycroft School: 10am-12pm on Mondays  
Woking School: 10am-12pm on Tuesdays (Feb. 6, 13, 20)



**Read the Community Connect?**

We want to hear from you!  
Please take our quick survey to give feedback on our monthly newsletter- <https://survey.albertahealthservices.ca/TakeSurvey.aspx?SurveyID=92KL7o24H>

Also available on the Town of Spirit River website and the CPHAWC Facebook page.

This newsletter is a community project supported by the Central Peace Health & Wellness Coalition and the Town of Spirit River.

If you have any questions, or if you would like to advertise or submit information please email [cphawc1@outlook.com](mailto:cphawc1@outlook.com).